

# Wasatch County Seniors Newsletter

Open M-F 8:30 am—4:00 pm • 465 E 1200 S Heber City, Utah • Phone: 435-654-4920



## **COUNTY ADVISORY BOARD 2020**

- Chair: Jim Kohler
- Vice-Chair: Tom Melville
- Secretary: Marcia Young

### Regular Members:

Betty Brandner, Steve Farrell (County Council Rep.), Mary Johnson, Jim Kohler, Raneva Lemon, Linda Middleton, Rick Tatton, Marcia Young

1<sup>st</sup> Alternate: Tom Melville

2<sup>nd</sup> Alternate: David Davies

## **SENIOR CENTER CORPORATE BOARD 2020**

- President: Sandy Hansen
- Vice-President: Cheryl Jones
- Past President: Dennis Allen
- Secretary/Treasurer: Marvin Rust
- Historian: Dan Rider

### Directors:

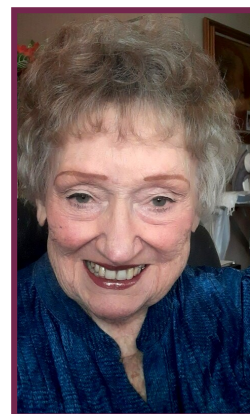
Dee Akerley, Roy Daniels, Laurel Rail, Wayne White, Vacant

## **Senior Center Staff**

- Center Director:  
Ashley Fish
- Food Services Manager:  
Cora Briggs
- Administrative Secretary:  
Tiffany Horrocks
- Activities Coordinator:  
Candie Bonner

## **SPOTLIGHT**

### **Phyllis Harris**

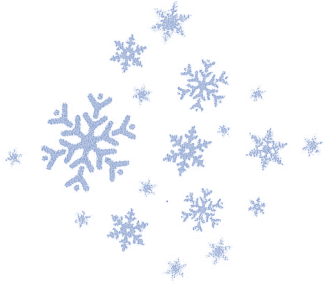


I was born in Ellerbe, NC on February 16, 1935. Moved to Salt Lake City when I was a 1½ year old into a beautiful old house on the west side. I learned that that was the old neighborhood that President Thomas S. Monson (deceased LDS church president) lived in and went to the same school. Later we moved to Hooper, Utah on a farm because my father loved farming. My mother hated it because we had an outdoor “John” (outhouse) and no hot water but it was fun for all of us children. We learned to milk cows, ride horses, teased our tiny piglets, bailed hay, etc., but it did not last long for my mom’s sake so my father bought us a new home in Ogden, Utah which we loved. My father went in business with a friend so we moved to Nyssa, Oregon in my teen-age years where I became a cheer leader, learned ballet and tap dance. We then moved back to Salt Lake City on the East side in another beautiful old home where I graduated from East High.

I always wanted to go to BYU, but when the time came, my father did not have the money so I got a job at AT&T as a tele-typist for 3 years while I ran around with two friends in the neighborhood. We often went bowling, rode horses, took trips to famous places and just plain had fun. All three of us met our husbands about the same time and we all got married.

After being married for 40 years and rearing 5 children, I divorced and moved to the Coeur d’Alene, Idaho area. Two friends I met there and I joined an ATV club and “The Red-Hat Society” for 15 years. My love for ATV-ing has never left me. I took care of my mother for 6½ years until she died at 102½ and after her passing, moved to Heber City. I miss coming to the senior center where I did ceramics and got 1<sup>st</sup> place in the Utah State Fair on 2 of my projects. I thoroughly love my new friends...especially my “BESTIE”, Dan Rider.

# WELCOME to the New Year



WOW 2020 was a crazy year, pandemic, earthquakes, fires, riots and all kinds of other crazy things going on in our world. I for one am glad to have the year over with and hope with all my heart that 2021 will be much different.

Most of you know that I took over Perry's term as president when he and his wife moved to the warm land of Mesquite. I'm sure you all miss his smiling face and fun personality. I enjoyed working with him for the short time that I was on the board before he moved.

Here it is 2021 and it is time to start serving my term as board president. I am looking forward with excitement to seeing you all again in person. I miss our lunches, activities and travels. I miss chatting and laughing with all of you.

My heart is sad remembering those that are no longer with us, and grateful for the memories that they left for us.

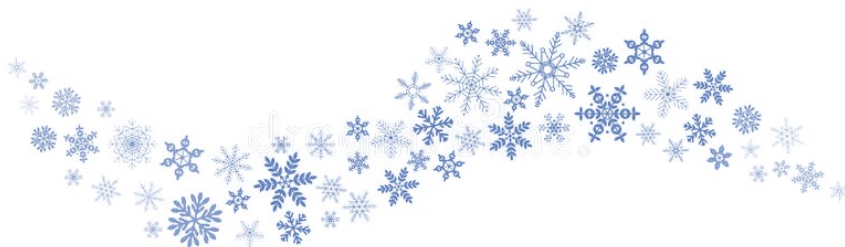
As we start the New Year I hope that we will all be together again. Let's all hope and pray the cure for COVID-19 will be successful and that our lives will return to some kind of normal. Let's be grateful for all that we have been blessed with. May this year bring you all the things you stand in need of.

I will be looking forward to seeing you all in person in the coming year. I would also like to thank all those who serve on our board, and those who work in the senior's office, (not that they are seniors☺) and for everyone who works so hard to make our lunches. I appreciate all that Ashley does to keep our center running smoothly. It is great that we all work so well together to make our senior center a place we love to come to.

Happy New Year

Sandy Hansen

President





**American  
Red Cross**

donate  
**BLOOD**  
save a life

**Date: January 6, 2021**

**Time: Noon- 5:00pm~By Appointment ONLY**

**Where: Wasatch County Senior Center**

**465 E 1200 S Heber**

**To Schedule An Appointment Go To [RedCrossBlood.org](https://RedCrossBlood.org) or Call 435-654-4920**

## Give Yourself Peace of Mind with an Advance Health Care Directive

Life is full of surprises. Some are wonderful, like an unexpected phone call from a long-lost friend. Other surprises though, like a sudden illness or a pandemic, can be cause for worry. One way to ease these worries is to make sure we are prepared for what comes our way. Having an advance health care directive is a great way to make sure you are prepared for illness or incapacity. A health care directive is a document that allows you to nominate an agent to make health care decisions on your behalf in the event you are unable to make them for yourself. There are many benefits to having a health care directive, including:

- Choosing your decision maker and specifying what decisions they can make for you;
- Expressing your wishes for end-of-life care; and
- Avoiding a guardianship proceeding;
- How to make your wishes legal.

Make sure you select someone you trust as your agent, and discuss your wishes and preferences with them in advance. Also, be sure to give a copy of your directive to your healthcare providers so they are aware of your wishes. You are free to revoke or change your directive at any time if your preferences change.

You can get started on your healthcare directive by visiting <https://ucoa.utah.edu/directives/> for a copy of the health care directive form as well as additional information on filling it out. Remember, a health care directive is not a Do Not Resuscitate (or POLST) order. Give yourself peace of mind, and complete your advance health care directive today.

utah department of  
**human services**  
AGING AND ADULT SERVICES



**SOCK FEST**  
spread warmth

DONATE NEW SOCKS  
in all sizes, styles & colors

**Donation Box Located  
in Foyer between  
Library & Senior Center  
Until January 15th**





To all our Seniors...just a little info from the kitchen. As we start our new year...2021, I wanted to share these six little stories with lots of meanings with you.

- (1). Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. That is faith.
- (2). When you throw babies in the air, they laugh because they know you will catch them. That is trust.
- (3). Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up. That is hope.
- (4). We plan big things for tomorrow in spite of zero knowledge of the future. That is confidence.
- (5). We see the world suffering, but still, we get married and have children. That is love.
- (6). On an old man's shirt was written a sentence "I am not 80 years old; I am sweet 16 with 64 years of experience." That is attitude.

Let's have a happy year and live our lives like these six stories. Remember-Good friends are the rare jewels of life, difficult to find and impossible to replace.

Keep drinking...your water. Until next time, take care...Cora Briggs



# MEDICARE

What is SHIP? We get a lot of calls here about wanting to "get on the SHIP Program". SHIP is a program that educates others about Medicare; it is not a program that you can sign up or qualify for that has money to help assist financially with Medicare costs. SHIP stands for State Health Insurance Assistance Program and we provide local, in-depth, and objective insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers. We receive funding from the federal government to provide free local health coverage counseling to people with Medicare.

Some of the things I can help with as a SHIP counselor:

- One-on-one assistance with reviewing health or prescription drug plan options.
- Find out about financial assistance programs you or your loved one might be eligible for.
- Help you understand the Medicare eligibility criteria.
- Help you understand what Medicare does and doesn't cover; Medicare can be complicated.
- Explain how Medicare works with supplemental policies, retiree coverage, Medicaid, and other insurers.
- If you aren't sure of yours or your loved one's rights, under Medicare.

We just finished up with Medicare Open Enrollment which is from October 15th until December 7th. Medicare Advantage Open Enrollment is starting January 1st until March 31st. If you are enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once during this time. If you make a change during this time it will be effective on the first day of the following month.

If I can help answer any questions or help you with Medicare Advantage Open Enrollment please feel free to contact me through phone or email.

**Michelle Jensen**

SHIP Medicare Counselor

801-229-3819

[mjensen@mountainland.org](mailto:mjensen@mountainland.org)







# ACTIVITIES



**Every Monday- Books On Buses:** Need something from the library? We can delivery it to you. Call the Senior Center to get on the delivery list. 435-654-4920

**Find Us On Facebook**





# Happy



# Birthday

Susan Kohler	1	Bob Kowallis	7	Neil Broadhead	18	Larry Duke	26
Connie Chapman	1	Lorraine Branham	12	Lloyd Gonzales	21	Paula Probst	27
Jinny Mair	2	Janet Winters	15	Patricia Provost	23	Moroni Besendorfer	27
Mark Berg	3	Marie Fish	15	Ruby Nicol	23	Caren Mostert	28
Craig Chapman	5	Raneva Lemon	16	Wayne Hardman	25	Linda McKnight	29
Rhonda Sweat	5	Jim Howells	16	Flo Caldwell	26	John Besendorfer	30
Spencer VanLeeuwen	6	Marvin Burrows	16	Don Huggard	26	Nola Mae Bell	30
Lisa Gardner	6	Bob Briggs	17	Dave Stensrud	26	Ken Nichols	30

## Obituaries

**Calvin Clegg**  
 Born: July 26, 1936  
 Died: November 17, 2020  
 Married: Dorothy Acker Clegg

**Janice Robins Quarnberg**  
 Born: August 2, 1934  
 Died: November 18, 2020  
 Married: David Quarnberg

**Ronald Titcomb**  
 Born: December 11, 1957  
 Died: November 19, 2020  
 Married: Susan Titcomb

**Stephen "Mike" Doilney**  
 Born: November 9, 1944  
 Died: November 28, 2020  
 Married: Toni Doileny

**David "Jim" Croft**  
 Born: February 5, 1942  
 Died: December 2, 2020  
 Married: Bette Slagle Croft

**Roy "Lank" Thacker**  
 Born: November 22, 1936  
 Died: December 5, 2020  
 Married: Beverly Bowden Thacker

**Neil Hicken**  
 Born: January 7, 1933  
 Died: 2020  
 Married: Phyllis Johnson Hicken

**Murl Johnson Murnin**  
 Born: May 30, 1931  
 Died: December 7, 2020  
 Married: Victor Fontana

**Douglas Robinson**  
 Born: February 28, 1946  
 Died: December 8, 2020  
 Married: Susan Holdaway Robinson

**Robert "Bob" Rasband**  
 Born: June 30, 1942  
 Died: December 9, 2020

**Maxine Clyde Carlile**  
 Born: November 9, 1930  
 Died: December 9, 2020  
 Married: Keith Carlile

**Lee North**  
 Born: September 3, 1956  
 Died: December 12, 2020

**Ruthe Stanley McGuire**  
 Born: December 26, 1929  
 Died: December 12, 2020  
 Married: Darwin McGuire

**Garth Rasband**  
 Born: August 1, 1927  
 Died: December 12, 2020  
 Married: Joan Coe Rasband

**Donald "Don" Sweat**  
 Born: December 17, 1957  
 Died: December 13, 2020

**Idawna Giles Roberts**  
 Born: September 11, 1932  
 Died: December 21, 2020  
 Married: Max Roberts

**Patricia Terry Brown**  
 Born: September 1, 1933  
 Died: December 21, 2020  
 Married: Dean Brown

**Patsy "Pat" Paxton**  
 Born: February 3, 1943  
 Died: December 21, 2020  
 Married: Michael Paxton

**Veon Crook Price**  
 Born: November 5, 1930  
 Died: December 23, 2020  
 Married: Russell Price



# Senior Giggles

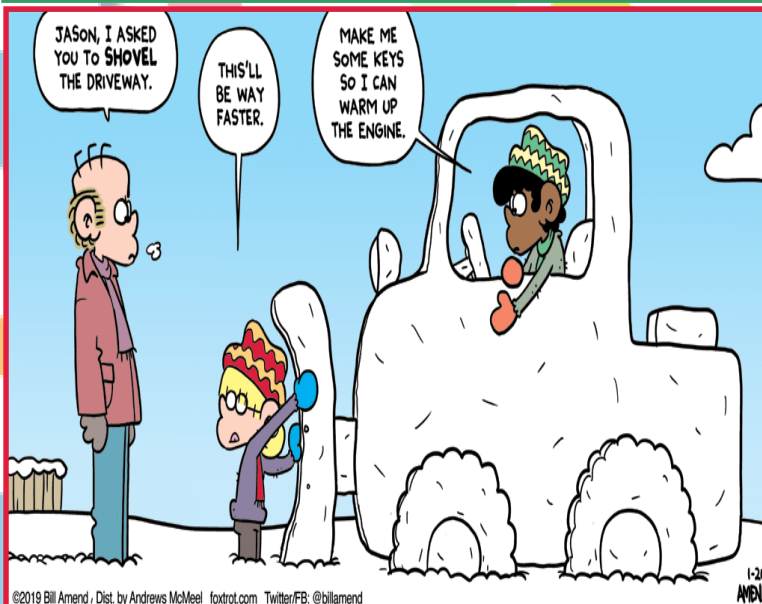


## COLD WEATHER

### HOW MY KIDS DRESS FOR IT



### HOW I DRESS FOR IT





Ensure and Glucerna is a nutritional supplement available, with RX, at our front desk, at a "discounted" rate. Suggested donation for Ensure is \$20 and Glucerna is \$30.



Please call 435-654-4920 for details or to schedule a pick-up time.

Flavors available:

**Chocolate– Strawberry– Butter Pecan– Vanilla**

I DON'T CALL THEM  
NEW YEAR'S RESOLUTIONS.

I PREFER THE TERM:  
CASUAL PROMISES  
TO MYSELF THAT  
I AM UNDER NO LEGAL  
OBLIGATION TO FULFILL



## Books On Buses



Let us drop off books, movies, puzzles, etc. to you door step, at no charge to you. This service is offered to Wasatch County Seniors.

How it works:

- Call the Senior Center 435-654-4920 with your checkout request. Please provide your name, address, & phone number.
- Every Monday: We will deliver and/or pick up your items in a bag, which will be left outside on your doorstep or door handle.



A Collaboration Of The Wasatch  
County Senior Center & The  
Wasatch County Library.

## Senior Book Club

We are currently reading:

**Born a Crime by Trevor Noah**

Next meeting:

**Thursday, January 21st**

**\*\* Don't forget your Mask & Book\*\***







## DO YOU NEED HELP WITH YOUR UTILITY BILLS?

Visit [mountainland.org/heat](http://mountainland.org/heat) or call 801-229-3858 for more information.

## Income Eligibility

Household Size	Monthly Income Limit
1	\$1,595
2	\$2,155

For each additional person, add \$560.

Additional documentation required to apply.



# FREE HELP for COVID-19 related stress

## THE UTAH STRONG RECOVERY PROJECT

If you or someone you know is experiencing stress, anxiety or depression because of COVID-19, talk to a crisis counselor seven days a week, 7a-7p. All information is confidential and free of charge.

Services include:



emotional support



crisis counseling



coping strategies



mental health education



referrals if more help is needed

**Call/Text: 385-386-2289**

**Email (first name and phone number only):**

**UtahStrong@utah.gov**

**For immediate response after hours:**

**1-800-273-TALK (8255)**

Counseling in Spanish and other languages available.

Operated by the Utah Department of Human Services, Division of Substance Abuse and Mental Health through a FEMA grant, facilitated by the Substance Abuse and Mental Health Services Administration



**FEMA**

utah department of  
**human services**  
SUBSTANCE ABUSE AND MENTAL HEALTH

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration